

### **Freezing Tips:**

- Proper temp: at or below 0°F
- Time for fruits and vegetable storage use by date:
  - 8-12 months
- Cut fruits and vegetables into desired cooking or eating sizes before freezing
- Use packaging designed for freezing
  - Glass jars
  - Plastic freezing containers
  - Heavyweight aluminum foil
  - Freezer-safe bags
- Freeze fruits and vegetables on a cookie sheet before storing in freezer container
- Label and date foods before placing in the freezer
- Blanching fruits and vegetables before storing in the freezer can prevent freezer burn
- Do not use plastic containers that are not designed for freezing
- Prevent freezer burn by storing properly, use oldest foods first, and wrap food in plastic wrap, freezer bags or foil